

Nutrition policy in Japan to leave no one behind and the role of registered dietitians/dietitians

- 1. Tackling nutritional issues that change with the era**
- 2. Nutrition improvement activities and nationwide deployment of registered dietitians/dietitians based on law**
- 3. Strengthening nutrition policy in line with SDGs**

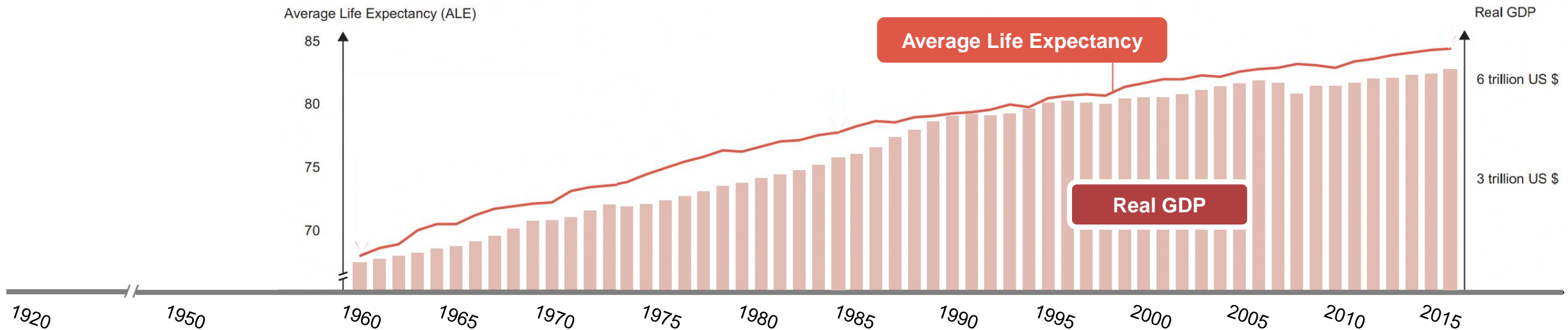
1. Tackling nutritional issues that change with the era

Nutritional issues that change with the era

**Era of addressing
undernutrition
mainly caused by
food insecurity**

**Era of tackling NCDs
caused by
overnutrition that has
increased with the
economic growth**

**Era of tackling more
complex nutrition
challenges with
aging society**



Era of addressing undernutrition mainly caused by food insecurity

- Nutritional deficiencies mainly caused by food insecurity
- Establishing a system for research to obtain scientific evidence

1920

1920: National Institute of Nutrition established

1924: Private Nutrition School founded by Dr. SAIKI Tadasu

1926: The first 15 graduates of the Private Nutrition School started working as Dietary Instructors

1930

1937: Health Center Law enacted

1940

1942: Handbook for Pregnant Women (predecessor of the Maternal and Child Health Handbook) system launched

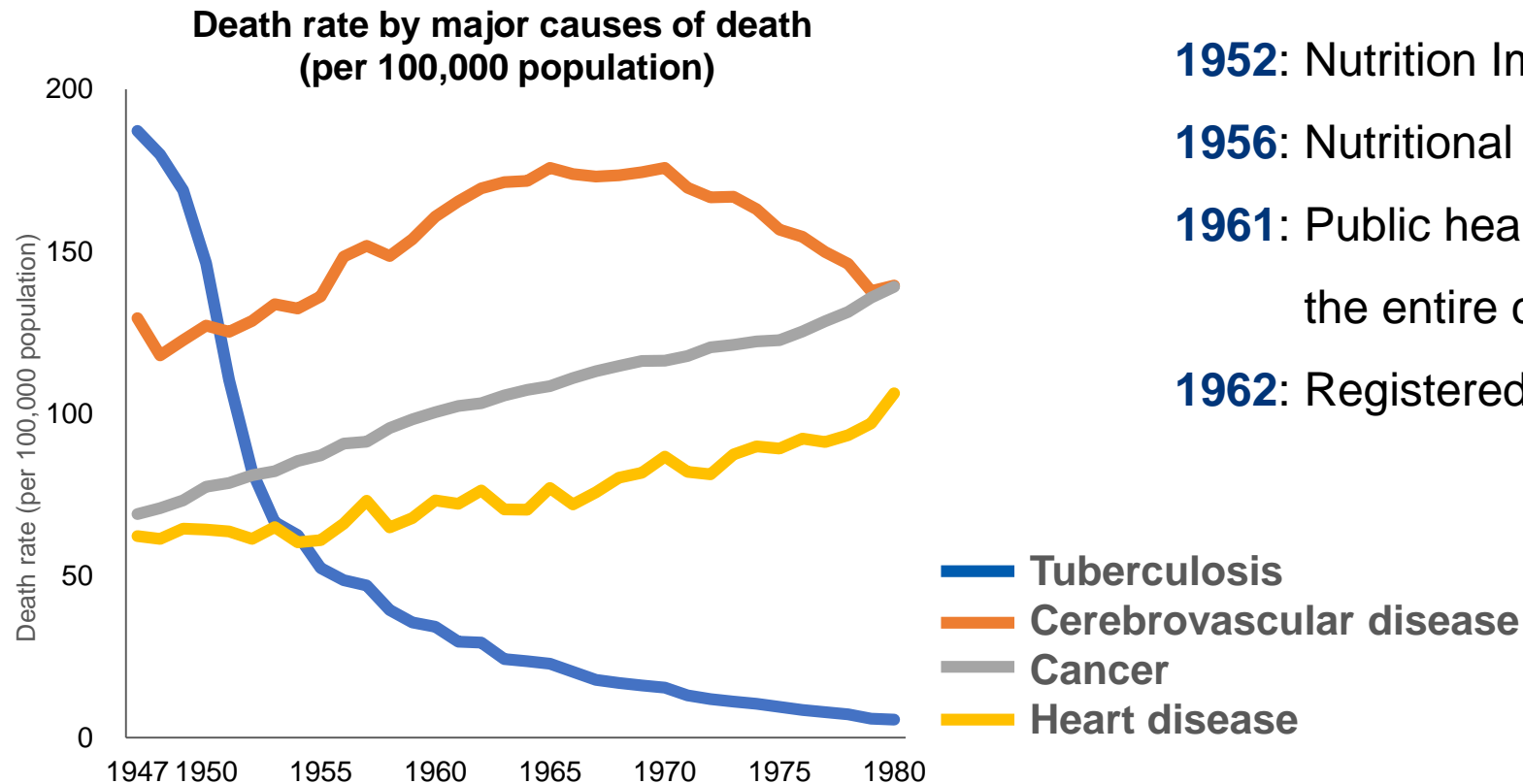
1946: National Nutrition Survey started

1947: Dietitians Act enacted

Japan has been promoting its nutrition policy even before the economic growth

Era of tackling NCDs caused by overnutrition that has increased with the economic growth 1 / 2

- Major causes of death had changed from communicable disease to NCDs.
- Nutrition and healthy diet had become more important.



- 1952:** Nutrition Improvement Act enacted
- 1956:** Nutritional Guidance Car service started
- 1961:** Public healthcare insurance started for the entire citizens (**Achievement of UHC**)
- 1962:** Registered dietitian system established

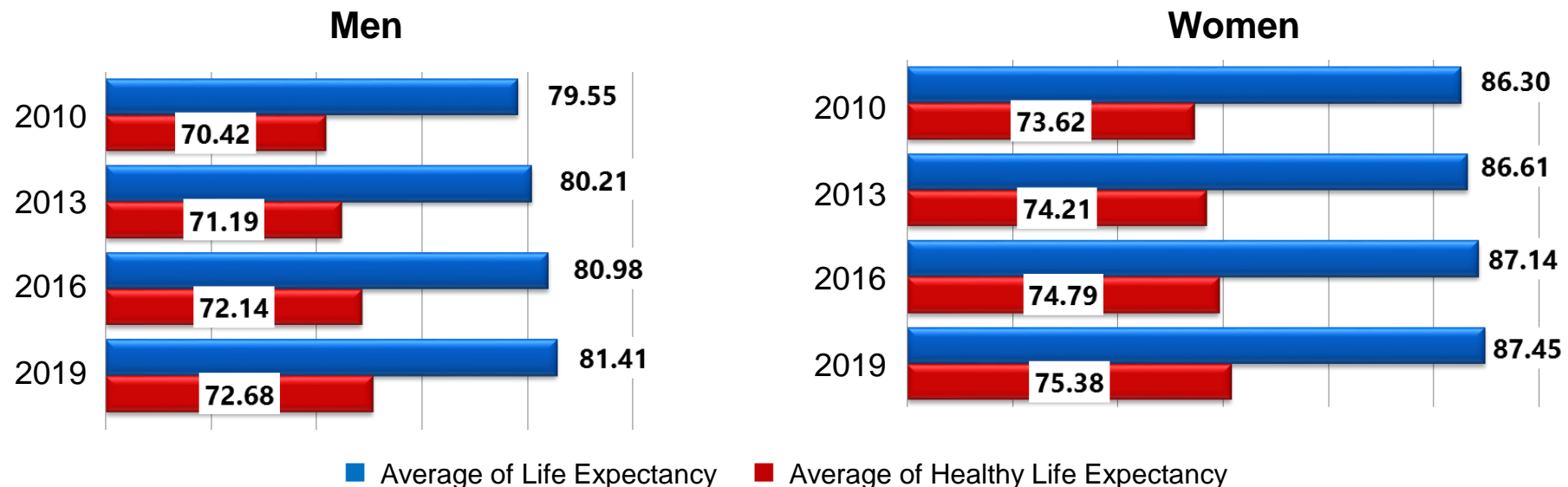
Era of tackling NCDs caused by overnutrition that has increased with the economic growth 2/2

- Japan saw the rise of overnutrition, such as an increase in obesity and NCDs.

National Health Promotion Plans

- 1978– 1st Plan: health promotion to the wide public
- 1988– 2nd Plan: health promotion projects focusing exercise and physical activities
- 2000– 3rd Plan “Health Japan 21”: health promotion through improvement of social environment

“Extension of healthy life expectancy” was sets the goal for public health



Era of tackling more complex nutrition challenges with aging society

- Japan has faced the aging society and needed to tackle more complex nutrition challenges.

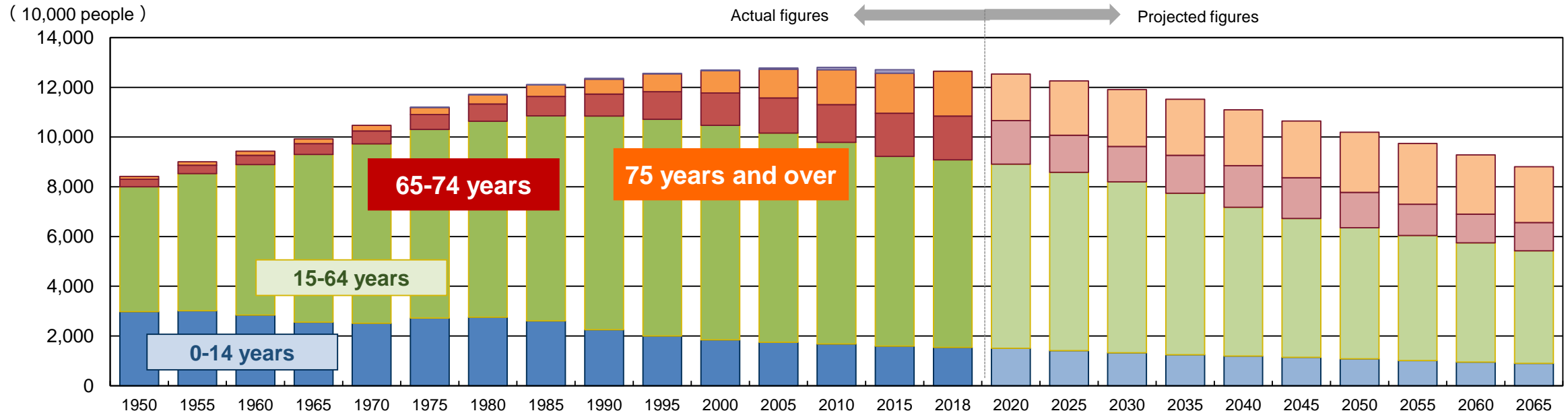
2000: Dietitians Act revised

2002: Health Promotion Act enacted

2000: Long-Term Care Insurance Act

2013: 4th National Health Promotion Plan “Health Japan 21 (2nd term)”

Trends in Ageing population and Projection for the Future



Summary of 1st topic

- Japan has been promoting its nutrition policy even before the economic growth, as the essential core of public health.
- The Japanese UHC has been realized and developed with the foundation of PHC that began with maternal/child health and nutrition.
- Japan has developed nutrition policy to tackle nutrition challenges for each era, and has been leading to the top level of longevity in the world.

**2. Nutrition improvement activities and
nationwide deployment of registered dietitians/dietitians
based on law**

Era of addressing undernutrition mainly caused by food insecurity

- 1924** • Dr. SAIKI Tadasu established **the Nutrition School to train nutritional specialists**; this was the inception of the history of dietitian training.
- 1937** • PHC was started based on Health Center Law.
- 1947** • **The training of dietitians officially obtained a legal basis** in 1947 when **the Dietitians Act** was enacted.

Registered dietitians/dietitians system has been revised with the era 2/3

Era of tackling NCDs caused by overnutrition that has increased with the economic growth

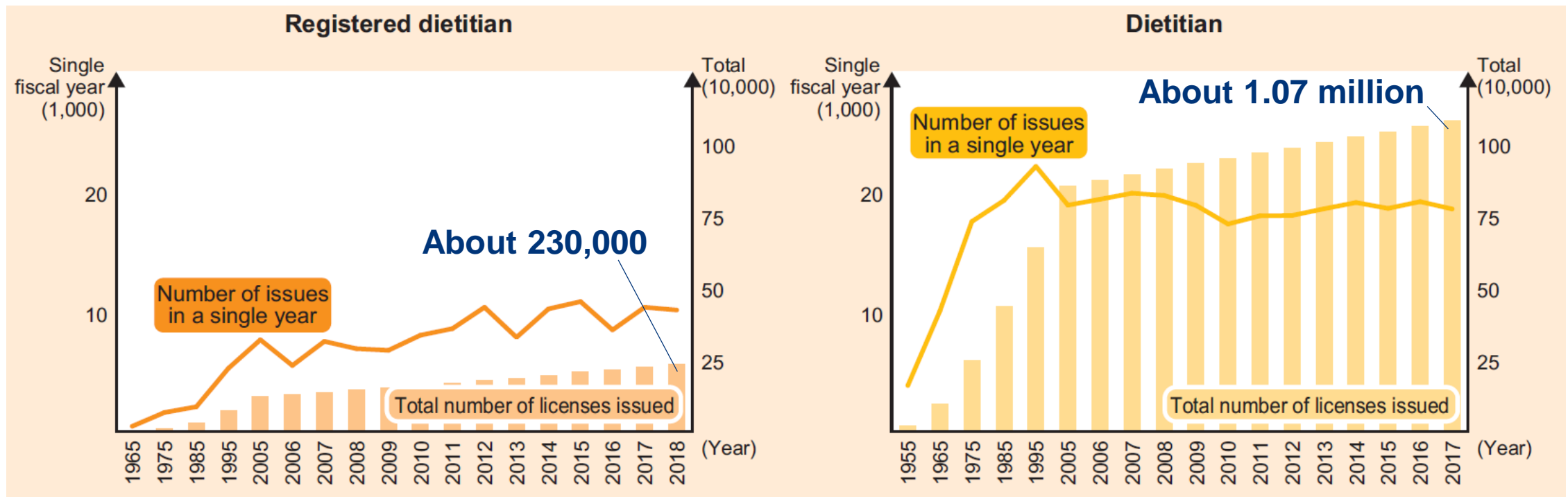
- 1961** • Public healthcare insurance started for the entire citizens (Achievement of UHC).
- 1962** • Japan revised the Dietitians Act to **establish the Registered Dietitian System** and **began the training of registered dietitians.**

Era of tackling more complex nutrition challenges with aging society

- 2000** • **The Dietitians Act was revised** to clarify the role of a registered dietitian as a person who **manages the nutrition of people with complex nutritional problems, such as the sick/wounded and the elderly.**

Training and nationwide deployment of registered dietitians/dietitians

Number of registered dietitians/dietitians licenses issued



Local governments



They mainly plan, implement, and evaluate health promotion activities and nutrition/dietary policy in their area in cooperation with public health nurses and volunteers.

Pre-schools



They actively help healthy development of children by managing nutritional balance of the diets and administering food services for children in cooperation with specialists from other fields.

Schools



They operate school lunch program and educate about nutritionally balanced diets and food culture through school lunches and experiential learning in agriculture/fishery.

Hospitals



About 40,000 staff

Their principal job is to manage nutritional balance of the diets for patients and to operate food services with medical professionals, such as doctors, nurses, and pharmacists.

The ward placement of registered dietitians is also progressing.

Elder-care facilities



About 15,000 staff

They cooperate with nursing/care staff to operate nutritional care management and food services for the elderly.

Other facilities



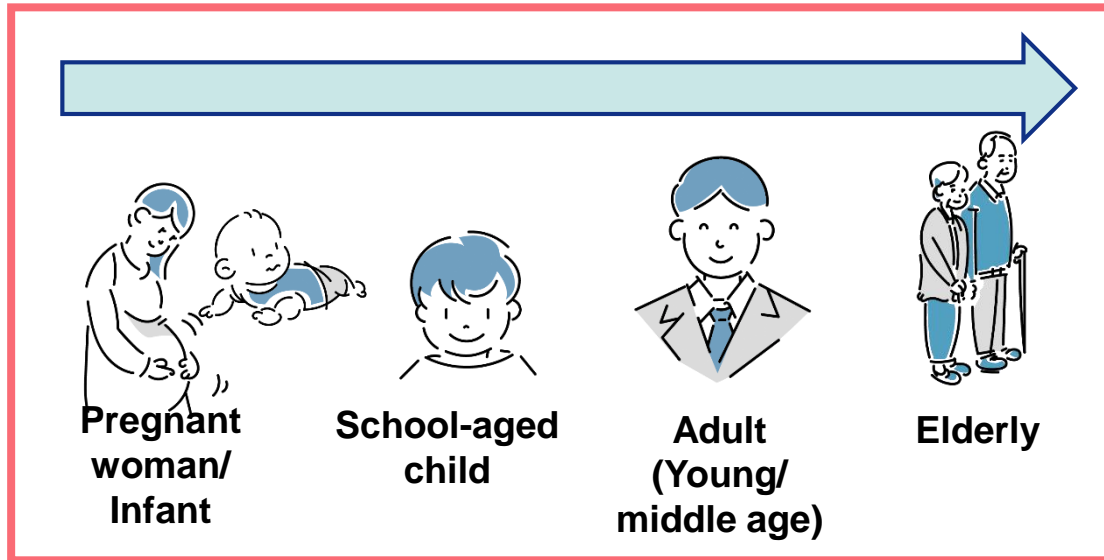
They are active in a variety of other fields, including companies, research institutes, prisons, facilities related to the Self-Defense Forces, etc.

Summary of 2nd topic

- Registered dietitians/dietitians have been trained based on the Dietitians Act.
- Registered dietitians/dietitians system has been revised to tackle the nutritional challenges with each era.
- Japan stipulates a placement of registered dietitians/dietitians in wide range of fields, based on the Dietitians Act and others.

3. Strengthening nutrition policy in line with SDGs

Nutrition policy in Japan to leave no one behind 1/3

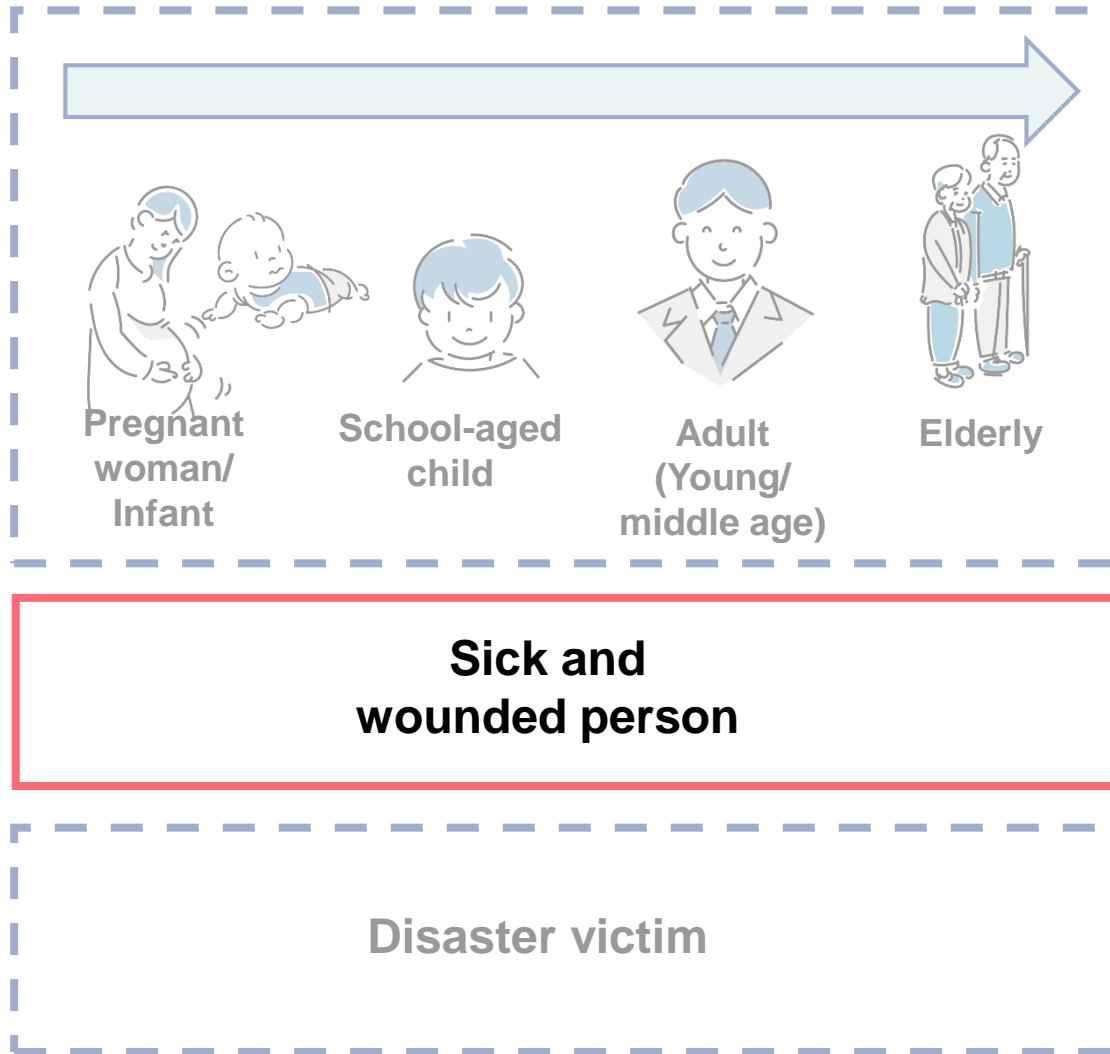


Sick and
wounded person

Disaster victim

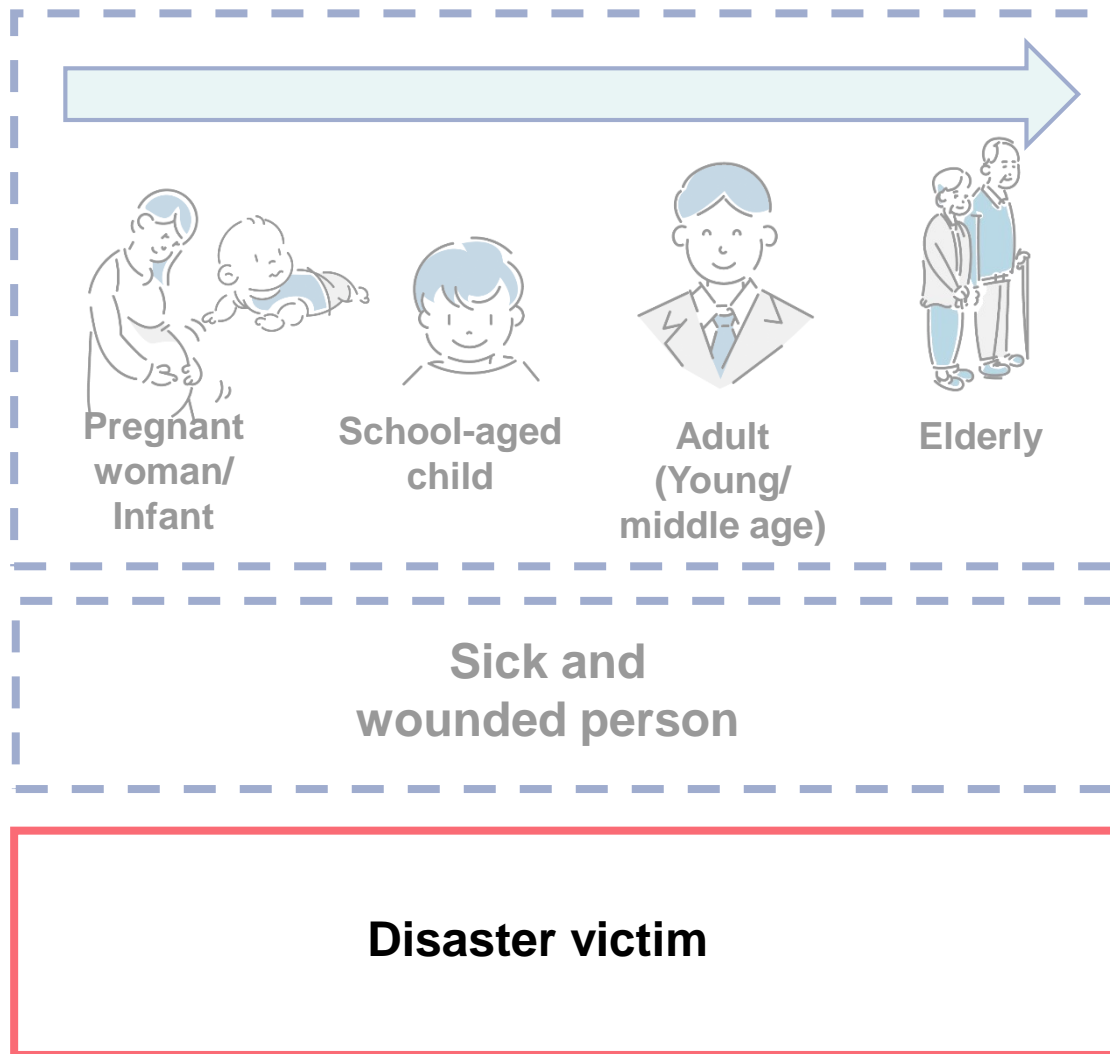
- **At all life stages**, individual health and nutritional status is monitored through regular health check-ups available everywhere in the country, and personalized nutrient supports are provided where necessary.
- For the elderly, emphasis is also placed on prevention of under-nutrition and frailty.

Nutrition policy in Japan to leave no one behind 2/3



- Public health insurance in Japan also covers **detailed nutritional care for inpatients, outpatients and in-home patients. (Integration of nutrition into UHC)**

Nutrition policy in Japan to leave no one behind 3/3



[In ordinary times]

- Japan has published
 - reference intakes of energy and nutrient for dietary management at evacuation centers.
 - a simulator for municipalities that estimates the required amount of food stockpiling based on the population and the number of those who need special consideration.

[In the event of disasters]

- Using these tools, nutrition and dietary support is provided by local government staff (disaster management and health departments).

Summary of 3rd topic

- Registered dietitians/dietitians have taken a crucial role to promote PHC and UHC.
- Japanese nutrition policy covers all life stage in line with SDGs.

Tokyo Nutrition for Growth Summit 2021

- Japan hosted the Tokyo Nutrition for Growth Summit 2021 on the 7th and 8th of December 2021.
- The summit provided an opportunity for governments, international organization, businesses and civil society to announce their commitments in response to global, regional and local nutrition challenges.



Prime Minister Kishida delivering an opening speech at the Tokyo Nutrition for Growth (N4G) Summit 2021
(Source: Ministry of Foreign Affairs of Japan website)

Japan - the Government of Japan

The Government of Japan commits to:

1. Further promoting Japan's nutrition policies for leaving no one behind which is the foundation of a sustainable society throughout the life course as an important part of Universal Health Coverage (UHC) especially by the following measures:
 - Deploying a policy package with major nutrition policy actions including the promotion of a healthy diet and sustainable dietary environment by addressing issues such as excess sodium intake, underweight among young women and nutritional disparities caused by economic conditions. This would be implemented in collaboration with the government, businesses, academia and civil society.
 - Publishing the progress and achievements of these policies annually starting from 2023.

2 to 6 [omitted]

Conclusion

- Japan started its nutrition policy prior to the economic growth and has integrated and developed nutrition into PHC and UHC.
- Registered dietitians/dietitians have promoted nutrition improvement activities in various fields throughout the country based on the Dietitians Act and others.
- Japan hopes to contribute to achieving sustainable societies with our experience of over 100 years with nutrition.

Thank you.